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## Michigan State University - Extension

### *For Immediate Release*

Media Contact: Jean Lakin, Extension Educator – 586-469-7609

Date: July 8, 2011

MSUE-31-11

### **MSU Extension to teach parents of children age 0-5 how to manage anger**

“Alternatives to Anger” is an anger management curriculum developed by the Michigan State University Extension, Family and Consumer Sciences Program. The curriculum includes four lessons geared toward parents of children ages 0 – 5 years and covers the following topics:

- What is anger and what triggers it?
- Problem solving and stress management skills
- Developing communication and problem solving skills
- Forgiving and letting go of the past

Date: Wednesdays - August 17th, 24th, 31st and September 7<sup>th</sup>

Time: 6:30 – 8:30 p.m.

Location: MSU Extension-Macomb

Verkuilen Building

21885 Dunham Rd – Suite 12 Entrance “E” – Assembly Room

Clinton Township, MI 48036

Fee: A one time, non refundable charge of \$20.00 for an individual or \$30.00 for a family

Participants must attend all sessions to receive a Certificate of Completion.

Advanced registration and payment is required! Please call: 586-307-8952

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